

Why do we learn Food Technology?

Cooking is a life skill, we aim to instil a love of cooking and enable pupils to learn how to feed themselves affordably in the future. Making healthy food choices can increase the quality and quantity of life. Food Technology lessons focus on nurturing your practical cookery to give you a bank of skills that you will use throughout your life. It will also equip you with knowledge of nutrition and how to make healthy food choices. Where our food comes from and how to cater for special dietary needs.

How do we learn in Food Technology lessons?

Pupils follow the National Curriculum for **Key Stage 3** which states, with regards to food, that all pupils will:

- understand and apply the principles of nutrition and learn how to cook

During Key Stage 3 pupils have 1 lesson a fortnight, on a rotation of 3 lessons they will cook twice and have 1 theory lesson. Over the course of Year 7, 8 and 9 skills and dishes get progressively more challenging. During theory lessons we explore the following **big questions** with regards to food and cooking:

Year 7 - Are we what we eat?

Year 8 - Is fast food bad food?





































Year 9 - How do we feed a crowd?

At **Key Stage 4** we follow the learning programs of NCFE Level 1 / 2 Food and Cookery. Pupils will cook each week (learning units 5 - 7) and also have a theory lesson each week (learning units 1 - 4). The course is assessed through 40% written exam in the summer of Year 11 and 60% practical exam and coursework - Non Exam Assessment (NEA)

They will learn:

1. Health and safety relating to food, nutrition and the cooking environment
2. Food legislation and food provenance
3. Food groups, key nutrient and a balanced diet
4. Factors affecting food choice
5. Food preparation, cooking skills and techniques
6. Recipe amendment, development and evaluation
7. Menu and action planning for completed dishes

What do we learn in Food Technology lessons?

<p>Year 7</p>	<p>ARE WE WHAT WE EAT?</p>					
<p>1. Health & Safety</p> 	<p>2. Fruit Salad</p> 	<p>3. Pizza Toast</p> 	<p>4. Personal Hygiene</p> 	<p>5. Fruit Crumble</p> 	<p>6. Chicken goujons</p> 	
<p>7. Carbohydrates in the diet</p> 	<p>8. Breakfast bagel</p> 	<p>9. Loaded Pitta Chips</p> 	<p>10. Protein in the diet</p> 	<p>11. Shortbread</p> 	<p>12. Burgers</p> 	
<p>13. Vitamins in the diet</p> 	<p>14. Veg Patch Cakes</p> 	<p>15. Pasta Bake</p> 	<p>16. Calcium in the diet</p> 	<p>17. Eggy bread</p> 	<p>18. Garlic & herb pinwheels</p> 	
<p>Year 8</p>	<p>IS FAST FOOD BAD FOOD?</p>					
<p>1. Choc chip tray bake</p> 	<p>2. Heat transfer</p> 	<p>3. Tik Tok wrap</p> 	<p>4. Flapjacks</p> 	<p>5. Factors affecting food choice</p> 	<p>6. Enchiladas</p> 	
<p>7. Christmas cookies</p> 	<p>8. Religion & allergens</p> 	<p>9. Sausage rolls</p> 	<p>10. Chow mein noodles</p> 	<p>11. Packaging & labelling</p> 	<p>12. Meatball marinara</p> 	
<p>13. Scones</p> 	<p>14. Party planning</p> 	<p>15. Cheese & Onion pasty</p> 	<p>16. Oat cookies</p> 	<p>17. Cafe design challenge</p> 	<p>18. Bacon pasta</p> 	

Year 9	<h1 style="text-align: center; color: multi; font-family: cursive;">HOW DO WE FEED A CROWD?</h1>					
1. Quesadilla	2. Lemon Loaf	3. Nutrition in eggs	4. Spaghetti Bolognese	5. Raspberry Buns	6. Function of eggs	
7. Gingerbread people	8. Toasted sandwich	9. Nutrition of fish	10. Scotch pancakes	11. Garlic flatbread	12. Nutrition of meat	
13. Curry	14. Brownies	15. Seasonal food & food miles	16. Chicken burger	17. Chilli & nachos	18. Cultural food	
	Autumn	Spring	Summer			
Year 10 Theory	Health and safety relating to food, nutrition and the cooking environment		Food legislation and food provenance		Food groups, key nutrient and a balanced diet	
Year 10 Practical	Weekly practicals that develop skills and teach units 5 - 7: Food preparation, cooking skills and techniques Recipe amendment, development and evaluation Menu and action planning for completed dishes					
Year 11	Factors affecting food choice	Non Exam Assessment (60% of final grade)		Revision		
Year 11 Practical	Weekly practicals that develop skills and teach units 5 - 7: Food preparation, cooking skills and techniques Recipe amendment, development and evaluation Menu and action planning for completed dishes					